

# Howard-Suamico School District K-8 Lunch Menu February 2017

## Wisconsin Wednesdays –

### New this year!

Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients. For the month of February we are featuring Pizza Schmizza at Bay Harbor and Suamico from Figaro's Pizza in Howard, Green Beans from Lakeside Foods in Manitowoc, Apple Slices from Wood Orchard in Egg Harbor, a Vanilla Ice Cream Cup from Cedar Crest in Cedarburg, and milk from Brothers Dairy in Kewaunee.








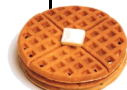




**NEW MENU ITEM:** We sampled Turkey Ham and Cheese Loaded Pretzels at a few of our schools and the kids loved them! Due to positive feedback we are serving them on February 24th for all students to enjoy!

	Vegetables	Fruits
Red		
Orange/ Yellow		
Green		
Blue/Purple		
White/Brown		

It's important to eat a wide variety of fruits and vegetables. List a fruit and vegetable of every color on the table above. Then try and eat as many of them as you can this week!

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Salisbury Steak in Gravy Mashed Potatoes Bread Slice Green Beans Mandarin Oranges Apple Slices Vanilla Ice Cream Cup</p> <p><b>PIZZA SCHMIZZA at BAY HARBOR &amp; SUAMICO</b></p>	<p>2</p> <p><b>SUPERBOWL PARTY</b> Football Chicken Nuggets Receiver Ranch or Blitz BBQ Sauce Defensive Dinner Roll Linebacker Baked Beans Sideline Salad Bar Punter Pears Goal Line Grapes</p>	<p>3</p> <p><b>NO SCHOOL</b></p>
<p>6</p> <p>Chicken Patty on a Bun Lettuce &amp; Tomato Broccoli Baby Carrots &amp; Dip Mixed Fruit Peaches</p>	<p>7</p> <p>Spaghetti with Meat Sauce Garlic Toast Cauliflower Salad Bar Pineapple Banana</p> <p><b>PIZZA SCHMIZZA @ HOWARD &amp; MEADOWBROOK</b></p>	<p>8</p> <p>2 Soft Shell Tacos with Meat &amp; Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Rice Corn Mixed Fruit Apple Slices</p> <p><b>PIZZA SCHMIZZA @ FOREST GLEN</b></p>	<p>9</p> <p><b>BRUNCH FOR LUNCH</b> Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Baby Carrots &amp; Dip Applesauce Strawberries</p>	<p>10</p> <p>Sloppy Joe on a Bun OR Sub Sandwich Green Beans Raw Veggies &amp; Dip Mandarin Oranges Pears Birthday Cupcake Strawberry Milk</p> <p><b>HAPPY BIRTHDAY FEBRUARY BABIES!</b></p>
<p>13</p> <p>Lotsa Mozza Bread Sticks Tomato Soup Soup Crackers Baked Beans Peaches Pears</p>	<p>14</p> <p>Heart Shaped Chicken Nuggets Dearest Dinner Roll Girlfriend Green Beans Sweetheart Salad Bar Supportive Strawberries Adoring Apple Slices Heart Shaped Cookie</p> <p><b>HAPPY VALENTINE'S DAY!</b></p>	<p>15</p> <p><b>MUNCH A LUNCH</b> Trix Yogurt String Cheese Heart Shaped Soft Pretzel Cheese Sauce Raw Veggies &amp; Dip Pineapple Peaches Tropical Twist Juice Box</p>	<p>16</p> <p><b>BAY PORT BOWLS</b> Popcorn Chicken Mashed Potatoes Gravy Corn Dinner Roll Applesauce Mixed Fruit</p>	<p>17</p> <p><b>NO SCHOOL</b></p>
<p>20</p> <p>Hot Dog on a Bun Pickle Relish &amp; Onion Baked Beans Raw Veggies &amp; Dip Pears Peaches</p> <p><b>PRESIDENT'S DAY</b></p>	<p>21</p> <p>Stuffed Crust Pepperoni Pizza Peas and Carrots Salad Bar Mandarin Oranges Grapes</p>	<p>22</p> <p><b>NACHO GRANDE</b> Nachos with Meat &amp; Cheese Sauce Lettuce, Tomato, Olives, Salsa &amp; Sour Cream Tex Mex Rice Refried Beans Corn Pineapple Applesauce</p>	<p>23</p> <p>Chicken Tenders Ranch or BBQ Sauce Dinner Roll Green Beans Baby Carrots &amp; Dip Pears Mixed Fruit</p>	<p>24</p> <p><b>NEW!</b> Ham and Cheese Loaded Pretzel Broccoli Raw Veggies/Dip Apple Slices Peaches</p>
<p>27</p> <p>Hamburger on a Bun Cheese Slice Lettuce &amp; Tomato Onion &amp; Pickle Broccoli &amp; Cauliflower Baby Carrots &amp; Dip Peaches Applesauce</p>	<p>28</p> <p><b>MARDI GRAS PARTY</b> Mini Creole Corn Dogs Southern Sweet Potato Dippers with Cajun Ranch Dip Raw Veggies &amp; Dip Parade Pears Festive Fruit Ice</p>	<p>Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal. Lunch price is \$2.10 for grades K-4, \$2.30 for 5-8; and \$.40 reduced price. Menu is subject to change. This institution is an equal opportunity provider and employer.</p> <p><b>LIVE 54218 .ORG</b></p>		

# HSSD Elementary Breakfast Menu February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Look for our NEW breakfast items this month!</b>	1 Fruity Cheerios Bar Hard-Cooked Egg Orange Wedges Juice Cup	2 <b>NEW!</b> Mini Cinnamon Rolls Apple Slices Juice Cup 	3 <b>NO SCHOOL</b>
6 Fudge Pop Tart Cinn Graham Squares Applesauce Juice Cup	7 Breakfast Taco Salsa or Ranch Dressing Grapes Juice Cup 	8 Pumpkin Chocolate Chip Square String Cheese Orange Wedges Juice Cup	9 Mini Pancakes Banana Juice Cup 	10 Lucky Charms Cereal Cinn Graham Squares Apple Slices Juice Cup
13 Double Chocolate Muffin String Cheese Applesauce Juice Cup	14 Egg & Cheese Sandwich Banana Juice Cup 	15 Fruit Smoothie Vanilla Bear Grahams Grapes Juice Cup 	16 Mini Blueberry Waffles Apple Slices Juice Cup	17 <b>NO SCHOOL</b> 
20 Zucchini Bread Applesauce Juice Cup	21 Mini Chocolate Chip French Toast Banana Juice Cup 	22 Trix Cereal Bar Hard-Cooked Egg Grapes Juice Cup	23 Pancake Wrapped Sausage Orange Wedges Juice Cup	24 Mini Chocolate Donuts Apple Slices Juice Cup
27 Cinnamon Toast Crunch Vanilla Graham Bears Applesauce Juice Cup 	28 <b>NEW!</b> Mini Strawberry Cream Cheese Bagel Orange Wedges Juice Cup	Includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change. Meal price is \$1.30 for grades K-4, \$1.40 for grades 5-12; meal is free to those approved for free or reduced price meals. This institution is an equal opportunity provider and employer. 		

## Harvest of the Month: Pomegranates

Pomegranate literally means “seeded apple.” Did you know that a pomegranate can contain up to 600 arils (seeds)?!

They are an excellent source of fiber, high in Vitamin C and potassium, and low in fat. Pomegranate seeds can be eaten raw, added to salads, blended in a smoothie, or sprinkled on top of a yogurt parfait! Pomegranate juice is also a great option.



### Frozen Yogurt Pomegranate Bites

#### Ingredients

2 cups 2% plain Greek yogurt  
1 cup powdered sugar  
2 cups pomegranate seeds

#### Directions

In a large bowl whisk together yogurt and powdered sugar until creamy. Add pomegranate seeds and mix well. Pour mixture into square ice cube trays. Place trays in the freezer for 2-3 hours until frozen. Enjoy!

Makes about 24 cubes.